WHY YOU SHOULD START YOUR FITNESS TRANSFORMATION THIS OCTOBER

Monday 11 October, 2021

With summer coming to an end and the holiday season approaches, many of us might be tempted to put off dieting until the New Year. However, Nutrition and Life Coach Paul Bailey believes October is the perfect time to start your transformation, ensuring you can kick-start 2022 looking and feeling your best.

As the night's draw in and the weather gets colder, it can be tough to find the motivation to start dieting and improving your fitness. However, in recent years October has become dedicated to transforming your life, particularly with the rise of campaigns such as Stoptober.

Slough-based Nutrition and Life Coach Paul Bailey also believes October is the perfect time to start changing your diet. Delaying the start of a diet is one of the most common themes that prevent people from eating healthier, and we have all thought, "I'll start it tomorrow/next week/in the New Year".

However, by taking those steps today, individuals will be able to develop healthy habits that will help them start losing weight and ensure that they will not face the self-control struggle when the holiday season comes around. It will also help individuals to begin 2022 in the best possible shape.

To help individuals on their way to transforming their diet, Paul has put together a host of free supporting guides, which can be downloaded at http://paul.coach.

Paul Bailey added, *"Dieting can seem like a bad word, but it's not about cutting out all of your favourite foods. Instead, it's about adapting your nutrition to be healthier. With the festive season just around the corner, making these changes in October can ensure you not only look fantastic for Christmas parties, but you will also be able to start the New Year with a fresh new mindset that will transform the rest of your life."*

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Scan Me:

Company Contact:

Impact Nutrition

T. 07859453075
E. paul@impactcm.co.uk
W. https://paul.coach

Additional Contact(s):
TikTok @paul.coach
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